



## Seated Dip

SAB-1-SD

- Bilateral Stability Control for balanced strength development
- Dynamic variable resistance
- Weight stack easily accessible from seated position

### Muscles:

- Pectorals
- Triceps
- Ant. deltoids

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Length(mm):	1673
Width(mm):	1163
Height (mm):	1389
Machine Weight (kg):	307

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### Weight Stack

Standard (kg):	110
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